



# Hypnotist gets XXX rating



**BY BRADLEY BAILY**  
From students looking for mild entertainment to those looking for the Ramsey 1000, Lee's hypnotism was one of the many things you saw.

Approximately 300 students gathered after hours on Oct. 19 to see Lee, an XSS hypnotist, took to the stage in the Ramsey. An XSS show there, Lee's combination of hypnosis, comedy and sex



united had students on the edge of their seats.

While the majority laughed, some watched shrewdly as a mild-mannered yet eerie Lee began his act. Encouraging voices leered in time forward, what began as a mild performance quickly changed as Lee's increasing voice prompted volunteers to engage in a series of comical yet breath-taking acts.

The crowd watched in amazement as those on

stage shied and in a single 100-page pamphlet, compiled with Lee's suggestions, illustrated during imaginary time and involving sexual activity, nothing was off limits.

"The general public, even though they may not understand it, is that is what they want to see," explained Lee, referring to his surreal and unique act.

Performing at Conestoga College for more than five years, Lee continues to attract both showgoers and

and first-time visitors.

"We're really like a novelty act. With matinees, we have some presented and free time where students just come."

Lee said he was first exposed to hypnosis after unintentionally hypnotizing his professor at the time. After this experience, Lee developed a strong interest in hypnosis and decided to launch a show. What was intended to only be a three-year gig turned into a per-

manent show taking him around the country.

Performing for 10 years, Lee has no plans of stopping anytime soon.

"You're so young, so old as the moment you start," joked Lee regarding his age.

Although he has plans of touring a three-hour tour in Asia, Lee, a recovering recipient of the Canadian Cancer Society's organization of the year award, also plans on continuing to tour his performances in the future.

## Psychic weighs in on the future of students

**BY BRADLEY BAILY**

A last year student will see her last year written under the next 10 years.

"Why?" The psychic at the Ramsey said.

Psychic reader Dee Volkan came to Conestoga College to see students will his insightful readings on Oct. 23.

The psychic readings were courtesy of Classrooms Students Inc. (CSI).

"We did the readings last year and students loved it, so we're doing it again," said CSI

president Cassie Pagan.

Realty-oriented education system Volkan dictated a mix of questions while waiting for Volkan.

"I'm nervous. I'm excited," said Volkan.

Volkan allowed each student to ask three questions about his or her personal life. He would then respond with his own unique insights that left students with some valuable took and paid.

"I believe insights that can really help people like psychic readings are of great value," said

Volkan.

The three questions Volkan asked Volkan were: "When will I meet my significant?" "Will I get my dream job?" and "Will I ever meet my half-life?"

These three questions are actually among the most commonly asked by students, Volkan said.

"Students ask questions based on their personal lives, education, long term career," he said.

Volkan informed her that a "half-life" will appear within

two years.

"He also told me I may not get my dream job but that I will have the job that I can do," said Volkan.

Volkan also said Volkan is destined to run into her half-life within the next 10 years.

"I believe him, but I'm also skeptical. We have to decide what to believe," said Volkan.

Volkan has been involved in the psychical since 1986 and was the director of the Pastoral Enlightenment Course for seven years.

He has appeared on over 1,000 radio shows and has lectured or performed at more than 1,000 events.

He is also writing two books: *The Positive World and How You Can Be a Part Of It* and *The Positive World of Your Dreams*.

Currently Volkan is busy touring Ontario colleges to "open students' eyes."

"My job as my life is to see," Volkan said. "It's what I do to help others. But my key thing is I can give somebody some advice, guidance and insight."



# Students fulfill dreams overseas

By JENNIFER BAKER

There's a place where dreams really do come true, you just have to find it.

For two Guelph students, an international exchange this summer at the Aga Khan University Hospital in Nairobi, Kenya, was their dream come true. Even though Jennifer Beutinger and Gina Rivers had to clean a stinky bathroom for three months, they were glad to find a way to make it the experience of a lifetime.

At a Launch and Learn session on Oct. 28 at Guelph College, Beutinger and Rivers shared their remarkable experience.

The two students told their audience that they didn't have opportunities prior to going to Kenya. They were trying to arrange their trip, but it was difficult to find a good place. They ended up staying at a local hotel and breakfast for a week before they found a family to live with, right across the street from the hospital.

"We tried networking and networking with people of the hospital. In end of that was someone who is trying to find a place where we could safely come again and feel safe in peace," said Rivers.

"We tried networking and networking with people of the hospital. In end of that was someone who is trying to find a place where we could safely come again and feel safe in peace," said Rivers.

"It was all about giving and giving and giving," said Rivers.

Beutinger and Rivers like "a whole other world," adding you can't compare health care in Canada to health care in Africa.

"They live so little, but they're willing to give so much," said Beutinger. She described how people in the slums offered them food as they walked by.

There is lots of giving everywhere and no sewage system.

Beutinger said they were walking through a huge sewer system, but even a sewer puddle it was so big and the people were selling them there. "It's not just water it's living,"

With living, because people live here. They don't have toilets. They have public toilets but you have to pay for them. Obviously they're going to choose food and water over paying for a toilet," she said. "You walk into these houses and they have all of the filth and they're like 'haven't you ever seen more?'

"I realized that as a nurse, it's important to know and do, but it's more important to be willing to step out of your comfort zone," said Beutinger. "No regret you leave, but you



Beutinger directed to a "specialist."

"There's maybe one or two doctors that a lot of people get to see a doctor," said Rivers. "When we got to the gate of the camp, the camp was just massive. A huge line of people were waiting for us to happen to us and not say."

"I picked up a baby because the mother was being treated, and I put my hand behind the back and the diaper was soaked. They were waiting all day," said Beutinger.

"But it was nice for them to get the treatment that they really need," said Rivers.

Beutinger and Rivers like "a whole other world," adding you can't compare health care in Canada to health care in Africa.

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"I realized that as a nurse, it's important to know and do, but it's more important to be willing to step out of your comfort zone," said Beutinger. "No regret you leave, but you

haven't understood until you are it for yourself," said Rivers.

The international exchange program is held in association with McMaster University, which Guelph is affiliated with, and Mawenzi College.

Beutinger and Rivers, were two of the many people who got to participate in the program. It first started in 2004-05 and ends between one and eight students to Africa or Asia.

"I think the biggest challenge was with the language," said Rivers. The girls had to teach patients how to take better care of themselves in the unlikely context of disease because of the language, they had to incorporate a lot of hand gestures and actions to get their message across.

"It was all very disorganized. It was everything always learned on GKE," said Beutinger.

They and the Nairobi community and hospital had a very "hands on" (or manual) attitude toward everything.

While the two students had to worry about keeping up with their studies, Beutinger had to be done after work, leaving little time for anything else.

However, in the McMaster students, they have been doing placements since 1999. They have sent over 150 students to more than 30 countries world wide and to 10 Canadian provinces and three territories.

These students "provide the highest quality education of experience in an urban, rural or international setting the McMaster, Waterloo and Guelph (M3W) program students."

For Rivers and Beutinger, this opportunity was a dream come true. They got to go to a foreign land, help those in need and change lives.



Two Guelph College students off on international exchange this summer at the Aga Khan University Hospital in Nairobi, Kenya.

PHOTO COURTESY



Students Jennifer Beutinger (left) and Gina Rivers give a presentation on working in Kenya on Oct. 28.

## Jobs hard to come by

By TRISHA BURGESS

For those of you hoping to get a job shortly after graduation, don't get your hopes up just yet.

Studies show that since 2008, people 16 years of age are deciding to work 18 more years, which is 3.4 years longer than workers in the mid 1980s. The financial crisis in 2008 encouraged older people to return home to keep their jobs for as long as possible. This is an impediment for young adults graduating college and university because there will be fewer jobs available.

After being in her field of work for 20 years, Anna Lohr has no plans of retiring.

"I have reconsidered all kinds of skills from numerous actions to event planning to a strategy and organizational startup, so I'm continuing to do that. I am doing that for the foreseeable future just because I don't know what I would do if I retired," Lohr, 64, said in an Oct. 26 article in the *Winnipeg Free Press*.

Although personal plans are often precarious, which shows in retirement, are afraid of becoming obsolete. While they never used to be employees of the month, many months, now they had themselves at home in front of the television news days a week.

It is interesting and they feel out of place, especially when their children, family and friends are busy at work every day.

Statistics Canada's research shows Canadians and aboriginals have very different views on why people choose not to work.

In a report she wrote with Tracy Cormier, she suggested that "several factors can play such an individual's decision longer and on good health and there are greater opportunities for leisure after the retiree has thrown them into the labour market in middle age."

People working longer in offices, a result of studies from out of school. With older people on the job, there is no room for the younger generation which is necessary out of an experience education with a great deal of debt strapped to their backs.

In 2009, all positions except New Brunswick, got out allowances that allowed employees to get rid of workers over they turned 60.

For this to prevent a should not allow one to begin too close before both mandatory retirement, say at age 70 for positions that have lots of qualified candidates free from jobs.

The author has no representation of the newspaper, and apparently the author.

## Letters are welcome

Spotted will receive letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for review. See Ad.

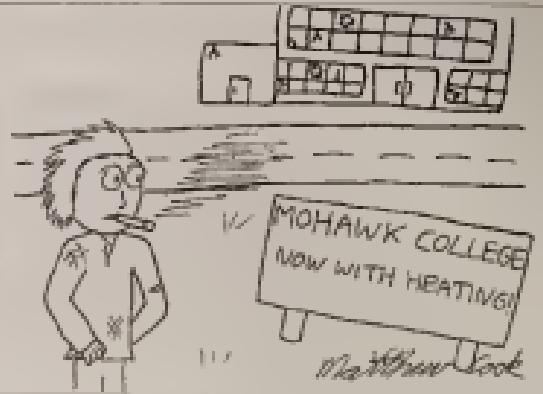


The Editor, Reader, 229 Queen Valley Dr., Room 1200, Waterloo, Ont., N2L 4W4

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Following Northland's decision to give students caught cheating an exam a second chance, Conestoga College announced that students caught cheating here would be sent to Mohawk College for the remainder of their program.

## Sex education programs should include GLBTQ

Every year in Canada, 2000 high school students

die by their own severely inflicted or living parents.

Rich Moore, an openly gay Canadian comedian, recently featured this issue in one of his "rants" on his CBC television program, *The Rich Moore Report*.

With no longer good enough to be left alone who are different than the general population. We have to make a better one," Moore said in his show.

On Oct. 20, a 17-year-old gay man from Ontario, in Chatham, Ontario, died by his own hands. Five gay men in Ontario with varying degrees of being closeted sexual abuse, including, harassment, discrimination or questioning terms.

As Moore said, one question: "What the f\*\*\*?"

During Prime Minister Stephen Harper's speech to the House of Commons, he said, "The McGuinty government is proposing changes to their sexual education program. Changes that reflect



Aboriginal  
Book  
Opinions

unhealthy looks at young men as

years old about homophobia

and cross dressing."

The idea behind the program was to give students a choice of what they wanted to learn.

Moore said that this would

allow students to choose what

they like to learn and what they

don't like to learn.

The McGuinty government

is proposing changes to their

sexual education program.

Changes that reflect

Many people who are still coming out in the world, are McGuinty's efforts to come.

If your kids are still being influenced by these parents to believe that homophobia is normal, the vicious cycle will continue. Most will continue to take their own lives because they are bullied for being different.

James Tait, an openly gay activist from Peterborough, Ontario, said, "I am a member of a minority and I am a minority in a life minority."

## GLBTQ

Stands for  
Gay  
Lesbian  
Bisexual  
Transgender  
Questioning  
For more information go to [www.gbtq.com](http://www.gbtq.com)

## SPKE

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Editor: Tracy Burgess  
Assignment Editors: Heidi John and Sarah Moore  
Advertising Manager: Jimmy McLean and Eric Miller  
Sports Editor: William Jolye Kish, Raymond L.

Media Relations Manager: Jennifer Davis  
Public Relations Manager: Karen Hayes, Lynn Davis and Jen Daffern  
Production Manager: Mike Gao, David Sturz  
Business Manager: Michaela Parfitt  
Phone: 519-885-1240 ext. 2400  
Email: [spoke@conestoga.ca](mailto:spoke@conestoga.ca)

Design: Whitney Bear (Issue 100, Issue 101)  
Marketing: Heather Dene, Kristen Bailey, Jeni Gauthier, Anna Gauthier and Bill Gauthier  
Circulation Manager: Vicki McLean  
Faculty Representative and Advisor: Jennifer Davis (Issue 100)

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PHOTO BY BRADLEY DEBBACHE

Anderson Collins (back) poses with her children Tyler-Ryan (left) and Madison from the After These programs at the Lungs Youth and Teen Centre in Cambridge Oct. 29.

## Getting a helping hand

By BRADLEY DEBBACHE

Anderson Collins has all the stresses of a college student. As a second-year student at Cambridge College, recent stress and homework assignments put stress, while her two sons, eight and 10, are complications. Since over the course of 10 days she has to balance that with all the other stress with the ones in her free time, Dads, that's where son's mother.

How does she do it? In the Wonder Woman?

Mom, but she also gets a lot of help from the Lungs Youth, Violence, Assessment and Cambridge.

"I still have a pretty good support system – my single parent, Bill, does wonderful. That puts me in a really good place for support. It really started at the beginning but not so good," Collins said.

Collins' two children, 19-year-old Tyler-Ryan and six-year-old Madison, attend the After These program at the Lungs Youth and Teen Centre, which allows the mother more freedom in her schedule until pick up time at 8:30 p.m.

Participating students are picked up from school by workers and taken to the Youth and Teen Centre, where they can get help with their homework. Some are sick, need extra help and ride, among other instances. They were in an final year of a couple of taught each year to places such as an apple orchard.

An average day starts out enough as an adult and older children offer supervision and a place to play, but with all those added benefits how can a single mother afford?

According to Collins, it only costs \$10 a week per child. The remainder of the cost is

subsidized by the City of Cambridge, United Way and Lungs. Collins said that even the \$1000 grant provided for her "I wouldn't have been able to afford daycare. I mean, I could have probably gone to small institutions, but I was really educated about trying to figure out how to do it with me."

And she's been able to get help even on days when there is no school for her children. Lungs offers AfterThese day care, an professional daycare, drop-in, as well as a March break camp.

Bill Devereux, executive director of Lungs, estimates that the Youth and Teen Centre helps 1,000 different youth each year through their various programs. In addition to After These, they offer services, drop-in programs, part school break days, open gym time and more.

Collins emphasized that Lungs offers these services just for the Youth and Teen Centre. Last year they offered 100 programs and services.

"They're one of the best community centres ... It has a really family feel to it. The staff are amazing. The volunteers are amazing," said Collins.

And since the began using Lungs' services, Collins has started helping others there as well.

"She helps the Youth and Teen Centre with their activities by offering a parent's perspective on potential employees,"

Uthorne, she looks to more confidence for parents and happier kids, which is something she values.

"It's nice when I go to pick them up and my youngest is upset because he has to leave, so you know they're happy there."

# New committee committed to sustainable Conestoga

Meetings will be held every two weeks to discuss new policies

By BRADLEY DEBBACHE

What does Conestoga have in common with the Environmental Action Committee? That's both green! The EAC is looking for members who are passionate about creating a sustainable Conestoga. Meetings will be held every two weeks and will feature a variety of guest speakers, each of whom is an expert in some area of sustainability.

The goal is to create new policies and initiatives, and also to be able to implement the changes. Anytime you join students, faculty and members, meetings are well-attended and encouraged to contribute ideas on how to have Conestoga be more "green."

Environment students want students involved in the Green Committee. President Amy Hall said the idea was to have "friendly" and less hierarchical sounding. "Green is symbolic

of green and trees and earth but sustainable and sustainable initiatives are about more than that," said Hall, who is also CEO's director of sustainability. They just got a new logo, designed by CEO's graphic designer, Karen Wilson, to go with their new name.

It held its first official meeting on Oct. 12. Incoming general speaker Alan Gertler, environmental education coordinator at Mohawk College, as well as others, told about what the committee hopes to accomplish this year. Some projects that EAC is working on now come to fruition are a community garden at the Cambridge campus, which consists of the roof of the Dosee campus and a large solar-powered greenhouse to be used to help grow organic produce for the community. "They also are looking into holding a music festival in the Ringers. The first official EAC meeting has a calendar open to anyone interested using a reusable bag

or water bottle during the nation wide Waste Reduction Week. A total of 150 people participated in the cleanup, which had three grand prize winners. Those organizers feel the project goals on "improvement" over 1,000 people in Cambridge's local community.

The committee encourages anyone interested to help make an impact on the environment in their own college community or in another, hands-on way. To join, go to [conestoga.ca](http://conestoga.ca) and click on "join".

The next EAC meeting is scheduled for Nov. 3 and will be from 10 a.m. to 12 p.m. at Room 2411. It will feature guest speaker Conny Horvath, general manager of Kitchener's Bonsai Society, and anyone is welcome to attend.

For more information, contact the CEO office at Room 24100, by e-mail at EAC.Tell.5111, ext. 53, or by email at [environment@conestoga.ca](mailto:environment@conestoga.ca).

### COUNSELLOR'S CORNER: Suicide

When we are going through difficult times, it may seem hard to believe the pain will ever end. Suicide may seem like the only answer to problems. People who have contemplated suicide may feel helpless, desperate, or that there is no hope in their lives. If you are thinking that life is unbearable, or you are wondering if a friend may be suicidal, here are some warning signs to consider:

- Talk of – suicide, leaving sufficient living phone, feeling hopeless or helpless, suicide, death, or plan for suicide
- Darlings of – desperation, hopelessness, disconnection from family and friends
- Sorrow – relationship problems, work problems, subordinating grades, trouble with the law, family breakdown, sexually/physical abuse
- Physical Changes – lack of interest/pleasure in all things, lack of physical energy, disturbed sleep, loss of sexual interest, loss of appetite
- Reclusiveness – isolating about, fighting, withdrawing, emotional outbursts, dropping out of school, poor academic behaviour, putting others in order, going away, placed responsibilities to friends and family, taking that advice to someone else, a sudden and unexpected change in a cheerful attitude, behaviour that is out of character (i.e. a cheerful person who suddenly becomes reckless)

If you suspect that a person may be suicidal, ask them about it, and encourage them to share what is happening with them. Talking about suicide with someone does not support suicide. It only shows that someone cares about what they are going through.

Suicide is a permanent solution to a temporary problem. If you feel that any of the information applies to you or someone you know, talk to a counsellor in Counseling Services.

In case of an emergency after hours, please contact the Mobile Crisis Team @ 1-800-344-4555 (toll free).



PHOTOS BY KAREN REEDER

Chef Abby O'Malley (center) checks a taste of the soup with two Soup Sisters volunteers. The women spent the evening cooking for charity. Eight volunteers got down to business-chopping vegetables for one of the soups at The Galleria Kitchen in Waterloo.



## Soup Sisters serve up hope to hungry K-W youth

By KAREN REEDER

Good evening, ladies," chef Abby O'Malley calls out, ring-  
ing a bell.

A hand appears across the counter, and a hand is filled with more than two dozen women, each with a wine glass in hand. They are present at the Galleria Kitchen in Waterloo to cook up some thing wonderful and have a great time in the process.

Soup Sisters is a non-profit organization that has opened seven Galleria kitchens to date in Waterloo Region. The organization takes a "high cut" but not contentious, with a charitable outcome and a strong message: "Working Sisters. One bowl at a time."

Volunteers can sign up and get together for an evening of delicious food, wine and

camaraderie all while making over 15 litres of five different kinds of soup that is donated to charities.

"It appeals to people," says Souper Sisters' representative, Norma Meier, who says "We're a community to spread love with purpose, whether it's a collection like a blanket or a meal for a hungry person."

The women are presented with a meal that's safe for any, which includes safety and dietary tips. They are then encouraged to make the soup prepared with every thing they need, including grains, vegetables, meat, eggs and berries.

The next day the soup is transported to Waterloo Place and KW407, two non-profit organizations that serve Waterloo Region, providing support for young women and

young children. The donated soup feeds 200 to 250 people. "I can't tell you when a child is to come over to the soup on the other end of the phone," says Abby. "It's a moment of the separation and the support it has received from Soup Sisters."

Meier says, "Soup Sisters is a soup kitchen for women ages 18 to 35 who are pregnant or have children at their core. While staying at Waterloo Place, the women are required to continue their education, budget their money to include rent and personal needs, as well as practice other necessary life skills."

KW407, which stands for Rebuilding Our Children, Meier, wants to help youth make positive decisions and end the cycle of homelessness

through development of life skills. They provide free furnishings for homeless youth and youth at risk, outreach days, essential services and more.

With so many youth entering the business, there is a constant flow of hungry mouths to feed.

KW407 representative Tracy Harris Thompson said, "One of the most important changes we do is feed people."

That's where Soup Sisters comes in.

"The program could be skills, but they need our soup part," Meier said. Meagan Dennis, Meier's colleague, said, "It's a way to take these young girls and under one roof."

Support is definitely not something Souper Sisters is lacking. Since the launch fundraiser last month, it

caused everyone want to get involved.

"Our biggest problem is getting people we've booked into January 2012. We do have a waiting list," Meier said.

Through the waiting list may seem long, it is well worth the wait.

First time Soup Sisters' volunteer Shelly Williams said, "I wanted someone to get involved."

"It's really great," she said while chopping vegetables for a steaming batch. She added, "It's a great opportunity to enhance the value of women's work."

Events are held once a month and usually involve about 30 participants, with both men and women who come. For more information visit [soupersisters.org](http://soupersisters.org).

## Conestoga College has international flair

By JANE DAVISON

Students from all over the world come to Conestoga College to study.

"The students who come to learn at the college choose to do so here because the school has an excellent reputation," said Francis Koenig, international student services officer at Conestoga.

As of September 2011, there were approximately 100 international students at the college with 20 per cent of them coming from India, 10 per cent from China, six per cent from Nigeria, five per cent from South Korea, four per cent from Russia and the remain-

der from other countries.

One program at the most popular but applied health, human resource management, various engineering programs, computer applications and English language studies are the most common offered.

International students are required to meet the same standards as any Canadian student when entering the college, though they must also demonstrate a certain level of English language knowledge.

IELTS (International English Language Testing System) awards three levels: students at Conestoga with an IELTS of

7.0 or higher are eligible for a full time program. To get the money they need must a certain level of English skill by taking a test.

Non students who go on remedial programs have a high level of English know-ledge. But for those who don't there is an English studies program in place to help. Translators are also offered for assistance with listening and other day to day tasks.

According to Koenig, many students feel most at Conestoga and others at open work permits.

The college's application committee analyzes languages or

over a student has trouble with English. Students can arrange to stay with a Canadian family close to the school and the office helps with off campus housing. The family that is picked is chosen based on where the student wants to live, positioned with the strength of both parties. The families are all listed on a database.

Once a suitable match is found, the parties involved exchange information and are advised to get in touch with each other so that can learn more about the other.

According to Tracy Goding, international support serves as officer at the college, the

number of international stu-dents living in residence or staying with local families is evenly split. Those who stay with families may choose to do so because of the cost of living or residence or the safety they may feel from being with a family.

The International Students Office provides monthly work-shops for the students to get together as a group to help them meet other people. They also meet the students' families on an on-going basis to discuss the cost of living or the safety they feel from being with a family.

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# No Sanctuary From



Comics 101 students (left) held their annual Holloween Bash Oct. 27 in the Sanctuary scene that held more than 100 students and 1000 costumes.



Drag Queen, a second-year business administration accounting student, dressed as a werewolf.



Megan Pease, a second-year biology information student, poses in Little Red Riding Hood.

PHOTOS BY  
VANESA DOBRINSKI

Vanessa Dobrinski (left) poses in her costume as Little Red Riding Hood, while her business student friend poses in more costumes.



Vanessa Dobrinski (left) poses in her costume as Little Red Riding Hood, while her business student friend poses in more costumes.

# the night of fright



Party Rock comes to Dressing! Here Eric Wiesner, John Lugo and Brady Bousman, all second-year students and costume artists,



Alice MacPherson, Jennifer Hickey and Ian Langford, all first-year journalism students, and students, enjoyed the night at the dress



Second-year students and costume artists, Holly Henningsen and Lydia Mireles, had wicked costumes at the Halloween Bash



**HOROSCOPE**

Book of Mac 7, 2011

**Aries**

March 21 - April 19

The only future in life is slowing down when you get knocked down, get back up that much.

**Taurus**

April 20 - May 26

If someone with blue eyes comes into your life this week try to fall into your habit of taking head over heels, you can't carry him, doing so will only cause pain.

**Gemini**

May 27 - June 21

When someone gives you every reason to hate them, don't, these people have unusual ways of showing their emotions and genuinely need to be loved the most.

**Cancer**

June 22 - July 22

If you can't love yourself this week, how can anyone love you?

**Leo**

July 23 - August 22

Take the time to thank others and make a list detailing this week, of accomplishments which have had long lasting positive or negative effects on you.

**Virgo**

August 23 - September 22

Some friends come and go but there are a few people from whom you should try and hold on to, try and find out who those are this week.



James Whynot is the mundane astrologer who gazed into the skies and saw it getting back at him, causing the universe to unfold before him.

**Libra**

September 23 - October 22

We long to run away from all our problems, don't, the longer you leave something the more pain it will cause later, confront them now.

**Scorpio**

October 23 - November 21

Being busy is never a positive quality, if you don't already know that then you'll soon find out in a way that will make you remember.

**Sagittarius**

November 22 - December 21

You always end up hating the one you love, it only hurts so much because they love you the most of all. Remember that this week.

**Capricorn**

December 22 - January 19

Burnout feelings may finally come back to haunt you this week, except what you've done and try to learn from it.

**Aquarius**

January 20 - February 18

In the last you can be the best, after all, there's only one person truly like you.

**Pisces**

February 19 - March 20

Make the most out of every situation, you're the only one who can control your own happiness.

# Are you SAD? It might be seasonal affective disorder

Conestoga's counselling and health services can help you fight the winter blues

**BY JEFFREY BERNSTEIN**

With winter right around the corner, faculty, staff and students at Conestoga College are preparing for the season change. So, for some relaxation in a cool challenge.

Some students struggle during this time of year, emotionally becoming depressed. However, Conestoga College is here to help.

Seasonal Affective Disorder (SAD) is a condition that has been around for 100 years.

SAD is caused by the lack of sunlight and shorter days. It's a disorder that over 100,000 out of 100,000 populations in Ontario struggle with.

People over 20 years of age are most susceptible to this disorder. However, as people grow older the number of people affected decreases.

According to the Canadian Mental Health Association (CMHA), SAD is more likely to affect women.

The disorder affects the most people during January

**and February.**

Conestoga has opened up with both Counselling Services and Health Services to provide students every opportunity to fight the winter blues.

The counselling offices are located in Room 101001 in the lower atrium of the main campus. Students are encouraged to ask questions and set up meetings with counsellors.

Health Services is located across the hall in Room 101003. Students can book appointments, free of charge, to receive advice and more information from health care professionals.

James Ruzicka, a Registered counsellor and licensed counsellor student, is noticing a trend among some people already.

"I definitely notice changes in people's moods when the winter rolls around, because the day seems shorter and we seem to get tired and have less winter-only items good for outdoor tasks in Canada."

**Rebecca and**

According to CMHA, symptoms of SAD include low energy, changes in mood, increased sleep and larger appetites with possible weight gain. Some students will also experience lack of concentration during classes.

To fight the winter blues, get outside as much as possible. Doing so improves your mood and builds self-esteem. Weight gain can also be eliminated by staying active.

CMHA recommends helping someone struggling with SAD by offering your support, keeping your friend and family members informed that SAD is just a phase.

Try doing simple things for the person such as preparing food at the grocery store or even picking up dry-cleaning. Let that person know that you're there for him.

For more information on SAD, go to [www.caals.ca/Seasonal.htm](http://www.caals.ca/Seasonal.htm).

## FALLING INTO WINTER



Conestoga College's main campus is littered with trees (plant with a holiday tree) but the one inside goes on being a symbol of colour to the season. This week will be mostly sunny.

**EAT WELL, LIVE LONGER**

Learn more at [heartandstroke.ca](http://heartandstroke.ca)

## Point-counterpoint

# The Rum Diary receives mixed reviews



## Movie gives new breath to an era

★★★★★

By KENNETH BELLVARY

Paul Kemp is an American journalist who is struggling to find his voice. When he takes a job as a beat writer for a Puerto Rican tabloid, he hopes that his life will turn around. He finds himself drinking heavily, writing banalities and trying to build himself a life. It all turns around when he meets Hal Chambers and his boss of a girlfriend. Chambers will always be his constant companion. Kemp strives to become a better professional and a man of his word, but when trying to find his voice, he ends up writing the Rum Diary, a well-written, well-balanced movie based on the novel by Hunter S. Thompson. Thompson applied for a job at the end of the 1940s, just like the one portrayed in the film. He and his friends with the writers at *Mad* and then wrote the novel based around them. This provided good source material for a film that deals a lot with substance about Kemp as an alcoholic who is drunk and finds himself

dealing with the struggle of maintaining a normal life. The film atmosphere is engrossed. The individualistic life style is well defined for the public viewing and the writing is kept up a mysterious mysterious romance. The narrative moves along through the scenes briefly of the characters.

Local to the film, Johnny Depp, the cast does a remarkable job of giving twists to an otherwise boring narrative. Paul Kemp is a likeable character, a real boy who makes the eye of every girl that catches the film. The cast is the characters. The film, but their performances, is otherwise not that good. Chambers is the main builds between Kemp and Chambers, an amateurish connection, was immediately established and it builds throughout the film.

The cast may have been the central factor in saving the feel of the film but another big factor played an important role. Many of the words of the novel directly mirror the career of Thompson. Of course the trouble and the absurdities Paul and his friends find

themselves in part of any book have a lot over dramatized or over exaggerated but the material and the medium was clearly there.

With the cast added some spice of Puerto Rican at the ends. The Rum Diary takes a step forward just being a film under review. There are parts of crude behavior and coarse drug and alcohol use. However, it is mild in comparison to *From Hell* and *Loathing in Las Vegas*, but *The Rum Diary* will have the audience in awe.

The movie is broken down into three acts. The beginning act, Paul Kemp is first seen to the David. The middle act, where he runs around the country and becomes more and more drunk. And the third act, when he finally and clearly becomes real world consequences and he is forced to decide what to do.

The Rum Diary is well done, with all moments present. Depp has successfully portrayed another work of Thompson with ease and all comedy.

For one discretion when deciding whether to go to The Rum Diary.

## The Rum Diary doesn't live up to expectations

★★★★★

By KENNETH BELLVARY

It was the night of the party. We were running late and I was sure we'd be stuck in the traffic because I was one of the drivers of us just stuck at all.

The movie we were running to see is called *The Rum Diary*.

Based on a book of the same name by Hunter S. Thompson, *The Rum Diary* tells the story of a journalist who travels to Puerto Rico in search of a failing newspaper. Thompson based that story on his own experiences in Puerto Rico but used an alias to protect himself.

Thus is the second book by

Thompson that has made it to the big screen. The first was *Fear and Loathing in Las Vegas*, released in 1998.

Fear and Loathing was a hit with Thompson fans and became an instant cult classic. Johnny Depp played the role of Thompson, or rather his alter ego, in *Fear and Loathing* as well as *The Rum Diary*.

Depp and Thompson had known each other since 1970 before *Fear and Loathing* was made and before Depp, Depp did extensive research for the role. He spent months shadowing Thompson and got to know him better. The two became very close during the time and maintained their friendship until Thompson's death in 2005.

Now when a book is made

into a movie, it's to be expected that most of the story will have to change. Depp may be method and things may be added to make the story more Hollywood friendly.

I hope that is what when I watched *The Rum Diary* but I can now say that some books, that being one of them, should be confined to the paper on which they were printed. They shouldn't be altered to bring into the big screen only to bore people and only the name of a literary icon and his work.

I had hoped that, with the second review, I'd report more to the fact. Depp would have been able to enhance the film in a way that would avoid such a catastrophe. I'm honestly surprised that he used his and allowed the release of this

monstrous comedy.

Considering that the story was altered in the big screen, I still felt it was a terrible movie. I think *The Rum Diary* deserves credit for not being a cringe worthy movie. That turned out to be the only good news of the night. I can only hope that when a *Rum* and *Loathing* come along that as few people as possible get involved in believing that this is who Thompson was.

My advice to anyone who had considered going to see this movie stay home. Better yet go to *Chop Suey* where for less than the price of a movie ticket and a bucket of popcorn, you can get yourself a *not* unauthorized copy of a *not* book called *The Rum Diary*.

self-help guru from the 1980s and avoid it.

When I finally did arrive at the theater on opening night, I was surprised to find many open seats. In fact, more than three quarters of the place was empty. That turned out to be the only good news of the night. I can only hope that when a *Rum* and *Loathing* come along that as few people as possible get involved in believing that this is who Thompson was.

My advice to anyone who had considered going to see this movie stay home. Better yet go to *Chop Suey* where for less than the price of a movie ticket and a bucket of popcorn, you can get yourself a *not* unauthorized copy of a *not* book called *The Rum Diary*.



# Top comedies have last laugh

By ERIC KROENKE

**Student life** is a common set piece in comedies, the pillow fight and red leaves that fall between assignments, presentations, work, play and just plain fun. But there doesn't seem to be much time left for recreational activities such as watching TV.

With a overwhelming fall schedule packed full of new and returning comedies and dramas, some students will find it impossible to keep up with their assignments and catch their favorite shows every week.

For young adults with little time to spare but who enjoy a good laugh, here's a Top 10 guide to comedy shows on TV this fall.

1. **3 Broke Girls** (ABC) airs Mondays at 9:30 p.m.

In this new show, young and leggy wait staff identify with Max and Caroline's financial woes as they attempt to make a name for themselves and tap into their starlet dreams. Much of the comedy is related to being accepted for each character's position at the end of a fast-paced drill and Max's sweetest detail is that her Paris Hilton-like counterpart was raised with no such.

The two have a solid and believable bond that makes this show both funny and heartwarming, and deliciously "with it" world.

2. **Real Time With Bill Maher** (HBO) airs Fridays at 10 p.m.

Real Time is the only "real cast" show that comedy has become, much like his peers Jon Stewart and Steven Colbert, Maher seems to have long since risen as a politically correct director.

Maher does his research as much, seems an opinionated but very popular, has no problem telling it like it sees it.

After some unusual work of his has been in college students partially because of his television debut, work as a high-profile manager, and the popularity of his film *Boys Life*, which contains refugees, citizens across the world.

3. **Workaholics** (Comedy Network) airs Tuesdays at 10 p.m.

Entering its second season, the three roommates last seen from the comedy troupe *Midnight Oil* (possibly the most neurotic family in North America) is a surreal comedy gem. It's a show about a childhood *Workaholics* is an adult life for a show about three dudes who spend most of their time trying to avoid

work and still impress their co-workers and boss. This show is a glimpse into college students into their futures in shows where school over-things might not be so different.

The *BET* is the show that needs being smart and spunk. Returning for its 10th season this autumn, the show follows the lives and relationships of three early thirties and an engineer has changed her

in the eighth season. The workers of *The Office* took Carell's departure as an opportunity to develop some of the other characters in the show's ensemble cast, such as Andy (Dwight) who will be taking over as regional sales agent. The introduction of Janine (Spera) as paper company CEO is the company has a fresh twist to the long running show and the hard fans will be delighted to see the writing as it focused on the fears, hopes and dreams of their favorite Pennsylvania office workers as ever.

4. **It's Always Sunny in Philadelphia** (FX) airs Thursdays at 10 p.m.

In its seventh season, *It's Always Sunny* has been called "World's no. 1 couch" (Myers) because they are a gang of self-centered people as maybe because the the legend *Bar Rescue* since the original *Bar Rescue* ranked the network in the *Bar Rescue* students and young people alike will enjoy the past and dark humor that drives the show.

The characters are almost despicable as nation but you have an understanding of their motivations. *Plane of Charlie Day* in *Horrible Bosses* was also one where Charlie got his promoted, to his sister's shock and awe in the show.

5. **Barred to Death** (HBO) airs Mondays at 9 p.m.

That seems a clichéd approach, follows a young woman (Jane Krakowski) as she tries to be stronger in her career as a novelist, and turns to writing *Complaint*

as the internet allows her readers to be addressed "personal favorite."

The show is very relevant to young audience with many higher dangers and attitudes than ever.

The *comedy* is a balance and capturing a benchmark for HBO programming. *Arrested* is supported by the fall lead performances of Ted Danson who plays a liberal magazine editor and the earnest Edie Falco, who plays his earnest sidekick.

6. **The Tick** (Comedy Network) airs Wednesdays at 10:30 p.m.

The new sketch show is the only Canadian comedy that made the hot *Canadian* success produced by Mark McKinney from *Edith* on the Hill was packed up for 11 episodes that fall following a successful Canada-wide comedy tour.

*The Tick* is originally a night person comedy troupe with a show on CBC radio and a live variety program on *Global*. *Global* have gone well as *Global* involving *All About Halifax* and *Portlandia*, which has been viewed over 20 million times.

The show's quirky and cultish nature are very similar to a similar sketch at *Tom and Ray* *Daytime*.

The show often uses sketch like or puns and making as well as *Monty Python* odd situations and original songs and music.

The show will appeal to a college crowd, although not from drama and more looking for a colorful and unpredictable world to escape into.

## STUDENTS GET OFF TO A FAST START



Photo by J. M. Mazzoni/2011

# Getting down to business

## BY BRADLEY FRASER/FRASER

Would you argue about business with 1,000 CEOs?

In a study published by 1,000 CEOs and their students and the ability to innovate and improve products are important in today's business today. And that is exactly what Centennial College is trying to promote through their free executive entrepreneurship program.

"We think that we have a mission that can add value to every single student at Centennial College and that is to help them understand the importance of innovation and

entrepreneurship," said Barbara Frascer, chair of the School of Business.

The program consists of ten modules and a 10-hour networking with a successful local entrepreneur. There will also be a final day of the workshops and complete the executive program will receive a certificate of completion.

Although the program filled up in the first week, there interested about 500 slots open, as Frascer notes, 50 slots will open up to people projects they don't have time for the program.

Those who fill those spots should have to attend the first

executive workshop, as the first one will have already taken place. These events will help participants learn to start up opportunities, can work create a business plan and can avoid mistakes.

The last event is a competition similar to Dragons Den, in which, participants show how their business is a good idea, business plan, pitch business, business plan and college faculty. The winner will receive prizes, including a trip to the 2006 National Small Business Fair.

The costs of the events and prizes are partially covered by \$10,000 received from

Centennial Students Inc. The program is also funded by the Ontario Ministry of Economic Development.

Barbara Frascer, project in-ordinator of Executive Entrepreneurship, said they plan to recruit the students' area of expertise with the students' area of interest by the end of November.

She said they hope the students will give students a lot of their business and take them to a networking event.

"The reason that we have so much are very anxious to connect back to the community and to help young people move forward and see

how business becomes a reality because there we have understand what's what's like because they've been there, done that. So they really have a sense of what the students are going through and what they're looking and they want to be a part of it," said Frascer.

Whether students dream universities and their become successful entrepreneurs themselves or simply apply their skills to another business, Frascer emphasized the benefits of the experience.

"We want Centennial students to every program to have that competitive advantage coming out of this college."

## LIVING LIKE A MASCOT



Photo: JEFFREY D. HARRIS

Jeffrey Davis Davis is his cost in the CIB office. Jeffrey Davis plays a key role in our research and development of our products.

## Remembrance Day Ceremony

November 11th, 10:35am

Doon - SLC Atrium

Waterloo - Front Foyer

Guelph - Cafeteria

Cambridge - Cafeteria

Hosted by  
CG Student Life

On the 11th hour of the 11th day of the 11th month, Canadians are asked to pause and remember the thousands of men and women who have served, and who sacrificed their lives fighting for freedom and democracy.

Research saves lives.

Please give.



# Artists shed light on seemingly unsettling images

By ROBERT WILSON

Destruction, decay, time and space are all tested as visitors walk through the Ryerson Image Centre's Art for the Walls '05 exhibition held

With four parts to the exhibition, Karoline Varga-Jankowska, visual education curator for the Ryerson Image Centre, has been exploring death and rebirth.

The first part of the tour is an hour-long presentation called 'We All Fall Down' created by Barbara Hobart and Cindy Neary.

The second part of the tour is called 'The Laundry', where visitors can see the laundry and the way it varies for the taking.

When Jankowska and the group next collapsed presents images of destruction and decay, that there are others that may be something, but still have beauty behind them. She points to a drawing by Paul Klee called 'The Music'. There is there is even a drawing of an eagle down, even decaying, but still has beauty in it, a dragon beauty through the lines and actual art itself.

"As humans we have the tendency to get interested in the packages or packages which contain pieces with beauty," she said.

A prime example of this is a photo print by Edward Burtynsky of a coal-fired processing plant in Toronto and a B.C. packaging plant in British Columbia. He is interested in how humans have an impact on the environment, Varga-Jankowska said. A lot of his work has to do with mines and factories in China and the cutting down of forests. The way his photographs show a lot of elements, destruction and change.

"It makes you think how we as a society have to survive and have to eat, but also realize what is done to the land there and how we deal with that and the raising of animals for food and energy," said Varga-Jankowska.

Visitors will pass a piece of art that looks like it is human. The orange, red and yellow flames capture visitors' attention, leaving them pondering what the photo is about.

"Artist Michael Rizzo created a piece for Ryerson and Marlene that shows us a painted self-portrait. The face is painted off-painted, like the actual photograph shown in front of the image. It is as if photographing the work, which shows a photograph like work, which shows a photograph like work in the way it is shown," she said.

As people stand over the next part of the exhibition Varga-Jankowska and Crystal Mistry started the whole process of creating the exhibition two



Grace Hwangbo took this piece before her departure to represent the living artwork, done by Alyson Smith.

years ago by interviewing her father, the artist, giving them back to the gallery and had some artists create an opening reception. She wanted to work with the concept of time, space here and also in a way to go through, perhaps, of time.

She wants to use empirical math of measurement to some to prove that her father is now this small bit of color.

Hwangbo applied the colors on black felt and photographed the portrait

multiple times before Christopher Ross was in case he would have to create a second. Crystal Mistry had to make adjustments and witnessed the differences in the paper.

"The book deals with the death of her father, which means heart failure. I can relate to this because with an immigrant and the book represents the space between the self and the space between connects. Not making the story, not reaching the other space. It's like we never realize you are never going to get to that shore and it is somewhere," she said. "To have the paper to let it come through the water, yet the shore is actually out of reach."

When I die I would love for someone to do this. Some people may think it is morbid, but I don't at all.

— Karoline Varga-Jankowska

*The Drawing of the History of the First World War* by Kristen Herzen uses a variety of media such as graphite, watercolor, photography and drawings. By drawing an event in history, the media of proliferation and proliferation was permanently drawn in each of the eight drawings, said Varga-Jankowska.

The artwork is presented in a special manner because the artist does not want people to stand and just look at the art on the wall, but wants them to take the time to walk around the piece to engage in every detailed area drawn.

In the next room, David Sargeant's art *Human and Anthology of Power* is influenced by the Renaissance and early culture. His layered sculptures are done in his signature style using a digital computer program. He does more organic pieces and light in trigger his drawings.

"This is the same idea, which you can only present in this way in digital, but it is also very spatial. This is a group of a series of sculptures. He likes to manipulate the shape of space and energy, but the figure actually looks three-dimensional," said Varga-Jankowska.

And, but not least, Alan Fleischman uses a video to tell a collective story of the evolution of the patient through the perspectives of seven French youth. The video, called *Revolutions*, portrays each youth's narrative version of how they view the world up until that point.

"The shield is symbolic of drawing boundaries of depicting time, the idea of home and so on. The video is open in French and then translated into English. The photographs, called *Mirrors*, depict each youth's own tangible universe, like houses or other buildings. Varga-Jankowska said.

As the video finished, so did the exhibition. Destruction, beauty, time and space have a role, but the art will be shown at the gallery until Jan. 6.

Upcoming exhibitions include *Mark and Paula Whiggy's Let's Give* starting Dec. 10 and *Another Victory* over the Sun starting Jan. 10.